Balsamic Glazed Salmon

Cheap, Fast, and Healthy—April 15, 2015

Ingredients:
- 1/2 cup balsamic vinegar
- 2 Tbsp Apple cider vinegar
- 2 Tbsp water
- 2 Tbsp honey
- 1 Tbsp dijon mustard
- Rosemary, divided (fresh or dried)
- 1 clove garlic
- 1 lb frozen salmon fillets with or without skin (I bought mine at Walmart for around $4)
- Salt and pepper
- 2 tsp canola oil, divided

Directions:

1. Allow salmon to rest 10 minutes at room temperature.
2. Meanwhile, in a medium saucepan combine balsamic vinegar, apple cider vinegar, water, honey, dijon mustard, 1/2 Tbsp of the chopped rosemary and the garlic.
3. Heat mixture over medium-high heat and bring to a boil, then reduce heat and simmer over medium-low heat until sauce has thickened and reduced to 1/3 cup, about 13 - 15 minutes, stirring occasionally.
4. Remove from heat and pour into a heat proof dish (using a rubber spatula to get it all out) and allow to cool.
5. Season both sides of salmon with salt and pepper.
6. Heat a large non-stick skillet over medium-high heat and add 1 tsp of canola oil. Once pan and oil are hot, add salmon fillets and cook, without moving, until salmon has nicely browned on bottom, about 3 - 5 minutes.
7. Carefully flip salmon to opposite side and continue to cook 3 - 5 minutes longer until bottom is browned and salmon has cooked through.
8. Wipe skillet clean, add remaining 1 tsp oil, once hot repeat process with remaining 2 salmon fillets.
9. Serve warm drizzling each fillet with balsamic rosemary glaze and sprinkling tops with remaining 1/2 Tbsp of rosemary.

Notes: Serves 4